

## Cookery Points

### For Breakfast.

The simple dishes following will be found wholesome, nourishing and economical and an appetizing change from the stereotyped porridge, eggs and bacon, etc., for breakfast.

**Oatmeal With Dates.**—To each cupful of uncooked oatmeal add one cupful of dates, washed, with the stones removed and cut small. Cook in the usual way in a double saucepan and serve with milk without sugar, as the dates are sweet enough.

**Kidney Fritters.**—Take the requisite number of sheep's kidneys, half a pint of frying batter, seasoning and frying fat. Skin and cut each kidney in half. Take the frying batter and stir into it one teaspoonful each of minced parsley and shallot, a dusting of red pepper and a small pinch of powdered sweet herbs. Dip each half kidney in this mixture, then drop carefully into a pan of boiling fat, doing only a few at a time. When light golden brown in color, take out the fritters, drain carefully and serve as quickly as possible, garnished with parsley on a hot dish.

**Scotch Scones.**—Half a pound of flour, one level teaspoonful of cream of tartar, half a level teaspoonful of carbonate of soda, one ounce and a half of butter, one teaspoonful of sugar, a quarter of a pint of milk. Mix the flour, cream of tartar and carbonate of soda and sift them together; rub the butter into the flour, add the sugar and mix to a paste with the milk. Roll out and cut with a small round cutter or make a large round scone and cut into four sections. Bake in a good oven for about twenty minutes. The real Scotch scones are baked on a sort of griddle, and some housekeepers have been known to cook them on a well floured frying pan.

**Compote of Rhubarb.**—The early rhubarb is best for compotes and forms a most wholesome breakfast dish. Cut the sticks into two inch lengths and carefully wipe them. Make a sirup color with cochineal and flavor with lemon peel. When boiling put in the rhubarb and simmer very slowly till tender. Remove the fruit, reduce the sirup and pour over the fruit. This should be made the previous day and served cold.

### Beef à la Mode.

Take a round of beef, four or five inches thick. For a piece weighing five pounds soak a pound of bread in cold water until soft; turn off the water, mash the bread fine, then add a piece of butter the size of an egg, a half teaspoonful each of salt, pepper and ground cloves, about half a nutmeg, two eggs, a tablespoonful of flour and a quarter of a pound of fresh pork chopped fine. Gash the beef on the sides and, together with half the dressing, place it in a baking pan, with lukewarm water enough to cover it. Cover the pan and put in the oven two hours, then cover the top with the rest of the dressing and put it back for an hour. Let it brown well. When serving the meat, if the gravy is not thick enough stir in a little flour and add a little butter.

### Orange and Ginger Sherbet.

Put two pounds of sugar and two quarts of water in a saucepan on to boil, stir until the sugar is dissolved, then boil rapidly for eight minutes. Remove from the fire and leave to cool. When cold add the strained juice of six oranges and one lemon, pour into the freezer and freeze without much turning. When frozen add five tablespoonfuls of preserving ginger chopped fine, cover the freezing can and stand away for two hours to ripen. Serve in dainty glasses decorated with a piece of ginger on top of each glass.

### Poor Man's Rice Pudding.

An old fashioned Indian pudding served with cream is delicious enough for the poorest epicure. Here is a long tried rule: Mix four cupfuls of scalding milk, a cupful of molasses, two level tablespoonfuls of sugar, a quarter of a cupful of corn meal, a tablespoonful of flour and a little salt. Let this mixture simmer over the stove for about half an hour, stirring often enough to keep from burning and jumping. At the end of this time stir in a cupful of cold water, turn into a baking dish and bake for two hours.

### A Tasty Sandwich.

It was the memory of a childhood appetite which inspired a woman to serve brown bread sandwiches spread with horseradish and sugar with her afternoon tea. The snappy pungency of the horseradish was very delightful. The horseradish had, of course, been mixed with vinegar, the slightest possible amount used, and it was sprinkled lightly with powdered sugar. The brown bread was made of whole wheat and graham flour and was cut as thin as possible.

### For Afternoon Tea.

Many hostesses this spring are serving with afternoon tea the tiniest little hot baking powder biscuits, not larger than a fifty cent piece. They are usually buttered and spread with maple sugar or with a paste made of the sugar and chopped hickory nuts, but some prefer to use a filling of peach marmalade or thick honey. Biscuit halves spread with grated cheese and toasted brown are the specialty of one hostess.

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## Woman's World

Mrs. Isabella Goodwin,  
First Woman Detective.

Photo by American Press Association.

MRS. ISABELLA GOODWIN.

For the first time in the history of New York's detective department a woman has been made a first grade officer. This honor was recently bestowed upon Mrs. Isabella Goodwin, who was raised from the rank of police matron to that of acting detective sergeant, with a salary of \$2,500.

Mrs. Goodwin won her spurs through her clever work in running down the band of taxicab robbers in New York city who recently obtained \$25,000 from runners of a well known Gotham bank.

Mrs. Goodwin's husband, before he died sixteen years ago, was a roundsmen. After his death she became police matron, at the same time doing odd detective jobs of work for various officials of the detective force.

About two years ago she became regularly attached to the staff. Mrs. Goodwin outranks her son, who is a second grade detective.

### Woman's Leap into Reality.

There is no doubt that the type of woman is changing beyond recognition and that any mid-Victorian who might arise again—with the exception of George Meredith and John Stuart Mill—would rub his eyes in amazement at the modern female whom he would find on platforms and in council rooms, in operating theaters and in city offices. However, in short, there is serious business on hand.

Just now we are celebrating the centenary of Charles Dickens, the creator of Dora Copperfield and Little Nell, of Miss Squeers and Kate Nickleby, runs an article in Lady's Pictorial. I wonder what he would have thought of the young person of 1912 who climbs the Matterhorn, pilots her own aeroplane, beats masculine champions at golf and travels alone through wild and desert places?

For, with her usual deliberateness, her intuitive grasping of natural and fundamental laws, woman has instinctively set out to improve her physical type before she makes great demands upon her brain.

The result is that we see around us a race of young athletes, intent upon increasing their stature and specially apt at all games which demand muscle and skill. The new generation is not beautifully frail, but singularly self-reliant and upstanding. Above all, it has banished the word sentiment from its vocabulary.

Charles Dickens' idea of a woman who worked or who took an interest in public affairs was a Mrs. Jellyby, a ludicrous and untidy person who neglected her home and filled the dusty house with pamphlets. This, however, was not the great novelist's fault. He was seeking for comic types and had not the larger vision of a Meredith, who, already in the sixties of the last century, was drawing a gallery of women folk unmatched save in Shakespeare's plays.

Moreover, all the Victorian novelists save Meredith had similar prejudices and convictions about women. Thackeray was in reality no better, though he wrote about society, while Dickens described those intangible back parlors. To Thackeray a clever woman (if she were English, for his French ladies were allowed more latitude and more Gebildung) must, of necessity, be a woman of doubtful moral character.

Beatrice, Becky and Blanche Amory are all wheedling, alluring young things with brains, so they must needs all end badly, rather to the readers' indignation. This attitude toward the feminine sex was indeed a survival of the rooster and port wine period, when John Bull was a very domineering person and suffered no pretensions on the part of his women folk. Indeed, did they show any signs of a mentality of their own he annihilated them socially by dubbing them "bluestocking" girls.

### A Voter at Last.

Ann! Spinsterly—I hope that your opinions uphold the dignity of our sex, Mamie, and that you believe that every woman should have a vote?

Mamie—I don't go quite so far, as that, annie, but I believe that every woman should have a vote.

### A Dear Girl.

"My love for you is more," he said, "than any tongue could utter." In fact, "You're worth your weight in butter." —Chicago Record-Herald.

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